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*Gen. Foglesong:  
Our rich legacy  
of service*

# 48th CES Electrical Flight Keeping Liberty's torch alight

**PLUS: Holiday mail time • Medieval punishments • August births**





JET 48 Vol. 30 No. 36  
Friday, Sept. 12, 2003

**Brig. Gen. Mark T. Matthews**  
48th Fighter Wing commander

**Maj. Francisco G. Hamm**  
Public affairs chief

**Master Sgt. Will Ackerman**  
Public affairs superintendent

#### JET 48 STAFF

**Capt. Chris Watt**  
Deputy chief of public affairs  
Chief of internal information

**Senior Airman Jeff Hamm**  
Editor

**Senior Airman Lynne Neveu**  
Assistant Editor

**Airman 1st Class Pamela Lampert**  
Staff writer

#### HOW TO REACH US

##### Submissions

**Email:** jet.48@lakenheath.af.mil

**DSN:** (314) 226-2151

**Fax:** 44+(1638) 525637

**Phone:** 44+(1638) 525640

**Editorial office:** Jet 48, Unit 5210 Box 215, APO AE 09461

All correspondence should include the writer's full name, address and telephone number and may be edited for clarity and space.

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##### 48th Fighter Wing Public Affairs

**Mail:** 48FW/PA, Unit 5210 Box 215, APO AE 09461

**Email:** 48fw.pa@lakenheath.af.mil

**Phone:** 44+(1638) 522151

##### Advertising

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Photo by Capt. Chris Watt

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## Readership Survey

All members of the RAF Lakenheath community are invited to fill out an online readership survey for the JET 48 by visiting [www.afnews.af.mil/internal/survey/survey\\_index.htm](http://www.afnews.af.mil/internal/survey/survey_index.htm) and selecting the correct base and newspaper. The site may be accessed on or off base. The survey gives the Jet 48 staff a good idea of how the base magazine is communicating the wing commander's messages to Team Liberty. All civilians and servicemembers are welcome to fill out a survey whether or not they read the Jet 48.

## ON THE COVER

Airman 1st Class Michael Geary, 48th Civil Engineer Squadron Electrical Flight, performs a maintenance check on a street light at RAF Lakenheath. For story, see Pages 12 and 13.

Photo by Senior Airman Josh Gorman

# President Bush thanks military

*From remarks by President George W. Bush to military personnel and families Aug. 14  
Marine Corps Air Station Miramar, California*

Each of you serves in a crucial time in our nation's history. And this nation is grateful for the sacrifice and service you make.

You served with honor. You served with skill. And you were successful.

Before you went in, Iraqis were an oppressed people, and the dictator threatened his neighbors, the Middle East and the world. Today, the Iraqis are liberated people, the former regime is gone, and our nation and the world is more secure. This nation is at war with people who hate what we stand for. We love freedom, and we're not going to change. Our country depends on you to protect our freedom, and every day, you depend on your families. This has been a challenging time for military families. I know that. During the last year, our families and our military have met hardships, and met them together. You've supported and looked out for one another. You've been strong and faithful to the people you love. Military families make tremendous sacrifices for America, and our nation is grateful for your service to our country.

The war began almost two years ago, on September the 11th, 2001, when this nation was brutally attacked and thousands of our fellow citizens died. We were awakened to new dangers on that day.

On that morning, the threats that had gathered far across the world appeared suddenly in our own cities. The world changed on that day. The enemies of the United States showed the harm they can do and the evil they intend. Since that September morning, our enemies have also seen something: they have seen the will and the might of the United States military, and they are meeting the fate they chose for themselves. Our nation is waging a broad and unrelenting campaign against the global terror network, and we're winning. Wherever al Qaeda terrorists try to hide, from the caves and mountains of Central Asia, to the islands of the Philippines, to the cities in Pakistan, we are finding them, and we are bringing them to justice.

Many of you served in Operation Enduring Freedom, and we thank you for your service. You can be proud of help — to liberate the good people of Afghanistan from the thugs who turned that country into a training camp for al Qaeda terrorists.

Afghanistan today is a friend of the United States of America. It is not a haven for America's terrorist enemies. We're making steady progress in Afghanistan. New roads are being built, medical clinics are opening, there are new schools in Afghanistan where many young girls

are now going to school for the first time, thanks to the United States of America.

Afghanistan is no longer a haven for terror, the Taliban is history, and the Afghan people are free.

Thanks to our military, Iraqi citizens do not have to fear a secret police, arbitrary arrests, or loved ones lost forever, and mass graves. Thanks to our military, the torture chambers of a dictator are closed, the prison cells for children are empty. Thanks to our military, Saddam Hussein will never threaten anybody with a weapon of mass destruction.

As our nation confronts great challenges, we rely, as always, on the goodness and courage of the men and women of our military.

Each of you has chosen, you have made the choice, to fill a great calling, to live by a code of honor, in service to your nation, for the safety and security of your fellow citizens. You and I have taken an oath to defend America. We're meeting that duty together. And I am proud to be the Commander-in-Chief of such a fabulous group of men and women who wear our uniform. May God bless you and your families. May God continue to bless the United States of America.

## Celebrating our past, looking to the future

GEN. ROBERT H. "DOC" FOGLESONG

COMMANDER, U.S. AIR FORCES IN EUROPE

RAMSTEIN AIR BASE, Germany (USAFENS) — Our service was born through the efforts of a unique collection of people who shared a vision of what airpower could contribute to America and drove to make that vision a reality — an independent Air Force. The National Security Act of 1947 created a separate U.S. Air Force and was signed into law by President Harry Truman on July 26 of that year. The swearing in of the first secretary of the Air Force, W. Stuart Symington, on Sept. 18, 1947, marks the official birthday of the Air Force.

There's no doubt that today our Air Force is the world's most respected air and space force in the world. Our success is founded upon an unwavering commitment to innovation, cutting-edge technology and recruiting and retaining the very

best people our nation has to offer.

In U.S. Air Forces in Europe, America's airmen have proudly supported combat and humanitarian operations, as well as exercises and training missions ... from the northern tip of Norway to the southern coast of South Africa ... from the Berlin Airlift to today's continuing global war on terrorism.

On Sept. 18, as our Air Force celebrates 56 years of providing decisive airpower for America and our allies, USAFE airmen continue to serve from locations around the globe — helping to rebuild Iraq, patrolling the skies in Bosnia and providing personnel recovery and emergency evacuations in Liberia. Our people clearly provide the vital link, using innovation and technology to ensure we remain ready to meet the diverse challenges of the 21st Century.

To all of the members of USAFE — active duty, Guard, Reserve, civilian, retired and your families — thank you for your dedication and commitment. I salute you for continuing our rich legacy of service.

### ACTION LINE

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail ([Action.Line@lakenheath.af.mil](mailto:Action.Line@lakenheath.af.mil)), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215) or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number and full APO mailing address. Names are confidential.

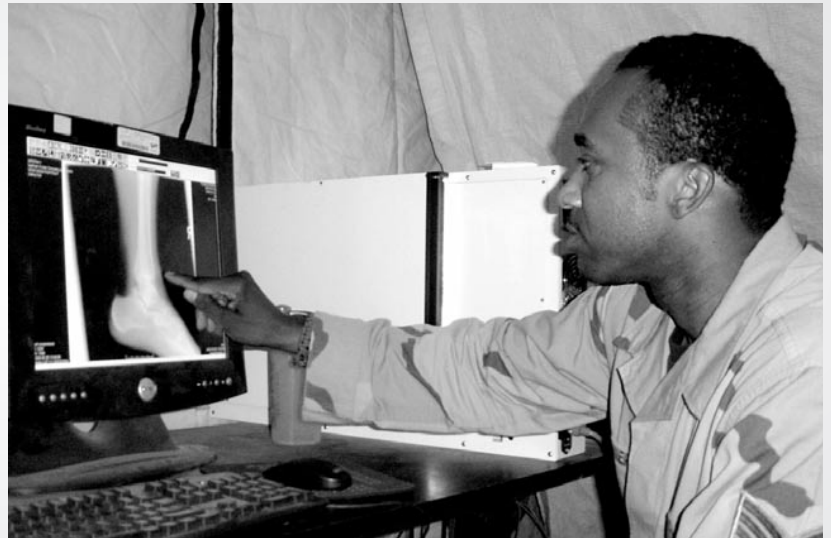


48th Fighter Wing commander

## FROM THE FRONT ...



Tech. Sgt. Charles Manier, 506th Expeditionary Medical Squadron, reviews an X-ray of a patient's ankle at Kirkuk Air Base, Iraq. Manier is deployed from the 48th Medical Support Squadron to Kirkuk in support of Operation Iraqi Freedom.



Courtesy photo

# Holiday mail deadlines approach

STORY AND PHOTO BY  
SENIOR AIRMAN LYNNE NEVEU

48TH FIGHTER WING PUBLIC AFFAIRS

The sun is still warming our faces most of the day and the leaves have yet to change to the familiar red, gold and brown hues of fall. Halloween treats line the store shelves and the post office wants us to think about holiday mail.

"It's never too early to think about Christmas when it comes to the mail," said Master Sgt. Jeffrey Thompson, 48th Communications Squadron postmaster.

The RAF Lakenheath Post Office handles 3 to 4 million pounds of mail annually, more than one million pounds of which is handled from Nov. 1 to mid January, said Thompson.

Depending on where it originates stateside, a letter or package spends "a couple of days" in the civilian system before it reaches either San Francisco or New York City, said Navy Lt. Cmdr. Brian Lomax, Military Postal Service Agency chief of plans and policy. If destined for deployed troops, it travels another 16 to 19 hours by plane before landing in Kuwait or Bahrain. From there, it is picked up and delivered by motor vehicle.

Once in theater, a letter takes seven to 14 days to reach the servicemember, while a package usually takes 14 to 24 days, he said. Packages make up 90 percent of the mail.

"The mail is getting to the troops," Lomax said. "The troops are happy. Our intent is to continue to make improvements and

exceed their expectations."

Letters and packages sent to deployment locations from RAF Lakenheath are sent to a mail terminal, then forwarded to London Heathrow Airport, said Thompson. From Heathrow, mail is taken to the area of responsibility and on to specific locations.

Using automated mail-scanning equipment and increasing the number of people working at mail facilities are two improvements that have sped up mail delivery, Lomax said.

People who mail letters and packages can also help, he said.

"The size of the package (is) an important (factor)," Lomax said. "Large packages take up a lot more room. If there's a choice between taking one large box or a lot of

smaller boxes and letters, the large box will stay (at the mail facility). The ideal size is a shoebox. It's also important to correctly address the package."

Some items cannot be mailed. Thompson said prohibited items that have been retained by the RAF Lakenheath Post Office include: bottle rockets, ammunition, beer, nail polish, lighters, raw fish and a 6-inch round, spent Howitzer casing. Aerosol cans, flammable or explosive materials and illegal or infectious substances are also prohibited.

"Individuals who mail prohibited items from a

stateside location are reported to the U.S Postal Service inspectors," said Thompson. "On base, we report individuals to their commander. Patrons should consider the safety of the mail."

To protect items during routine mail handling, Thompson suggests adequate cushioning. Packages don't need to be wrapped in brown paper, but the less writing on the box the more friendly it is to Postal Service automated sorting standards. Transparent and masking tape are not recommended for sealing boxes, since they don't hold well. Packing or mailing tape is the most suitable option.

To make the mailing of holiday letters and packages easier, Thompson said, five or more packages may be mailed 9 to 10 a.m. Mondays through Fridays by appointment. Patrons may call 226-5465 no later than one day prior to the requested appointment day. Additionally, stamps are available at the RAF Lakenheath Base Exchange, the gas station and the Shopettes at RAF Feltwell and RAF Lakenheath.

Although school doors have just been opened and the chill of winter hasn't arrived yet, our overseas location and the deployed locations of our troops means we should plan ahead for holiday mailings.

For more information, visit the postal service Web site at [www.usps.com](http://www.usps.com).



Colleen Cardwell mails a package at the RAF Lakenheath Post Office.

## Recommended mailing dates

For mail going from Europe to CONUS locations for arrival prior to Christmas

**Nov. 20 – Space Available Mail parcels**

**Dec. 11 – Priority parcels, First class letters and cards**

**Dec. 18 – Express mail**





Photo courtesy of the 48th Fighter Wing History Office

### 50 years of history

On the evening of April 14, 1986, 18 F-111Fs departed RAF Lakenheath's runway enroute to Libya for an attack known as Operation Eldorado Canyon. Once over Libya, Liberty Wing crews unleashed 60 tons of munitions, destroying their targets. The grueling 14-hour round-trip flight took its toll.

"Those guys were so fatigued, the crew chiefs literally had to pull some of the crews out of the cockpits," recalled Chief Master Sgt. Richard O'Shaughnessy, then a Master Sergeant and weapons flight supervisor.

In spite of the mission's success, the Wing experienced a major loss. "Karma-52," aircraft 70-0389 and its crew, Maj. Fernando Ribas, pilot, and Weapon Systems Operator Capt. Paul Lorence, were lost. On Sept. 8, 1986, U.S. Navy Secretary John Lehman personally presented the Navy's Meritorious Unit Commendation to the Liberty Wing for its participation in the operation. Today, the Liberty Wing is still the only Air Force unit to have received this prestigious award.

## Liberty Warrior

## Ensure line badge, CAC info accurate

☐ When issued a new common access card, ensure all information is accurate

☐ When issued a line badge (AF Form 1199C) ensure all information matches with your CAC card exactly. Rank on the line badge is general, not specific.

☐ When you have received your CAC and line badge, see your unit PRP monitor, who will take and verify your information, which will then go onto the Entry Authorization Lists required for your job.

☐ When requiring entry into a controlled area, approach the entry control point only when asked by security forces personnel. Render your CAC card and line badge when requested.

☐ If security forces challenges you, follow their orders. Have your supervisor's name and phone number available when asked.

(Courtesy of 48th Fighter Wing Readiness)



**Hometown:** Bartlett, N.H.

**Time in service:** 7 years, 11 months

**Time on station:** 11 months

**Role in mission:** Personnel journeyman, working in the commander's support staff

**Hobbies:** Snowboarding, soccer, traveling  
**Favorite movie/book:** "Practical Magic"; "I Had Trouble Getting to Solla Sollew," by Dr. Seuss

**How do you contribute to the wing mission?** By keeping the commander's personnel programs running so the squadron and the commander can stay focused on their missions and be ready to deploy.

**What does the Air and Space Expeditionary Force concept mean to you?** Quick, strong and ready for anything

**What do you like best about the Air Force?** Educational opportunities

**If you could change one thing about the Air Force, what would it be?** More step promotions for deserving NCOs and mentors

**What do you like most about being in the United Kingdom?** Travel opportunities

**How would you improve life at RAF Lakenheath?** Central air conditioning installed and working in the base exchange, military personnel flight and family housing

**How do you fulfill core values?** By putting 100 percent into my job and working longer hours, when needed

**What's the most exciting experience you've had in the Air Force?** I traveled to Osan Air Base, Korea; Misawa AB, Japan; and RAF Feltwell to inspect appliance of personnel

programs. It was wonderful to get a taste of the different cultures a week at a time.

**What was the last book you read? Why did you read it?**

Colin Powell's biography – Master Sgt. Leslie Ingram

sparked my interest when he quoted it during a mentorship class at the professional development center.

**Who is your favorite leader in history and why?** Secretary of State Colin Powell – he's a very influential person, a very quick thinker, a realist and demonstrates a lead-by-example attitude.

**What is your philosophy of life and why?** Always be truthful to yourself and others. In the long run, being truthful from the start builds character, helps people trust that you will tell them the truth and, no matter how much it may hurt, the truth is told and the world keeps turning.

**Who is your role model and why?**

Everyone. I look at everyone and see the individuals they are. I look up to their separate accomplishments and their own unique strengths.



Staff Sgt.

Sara K. Chantanasombut  
Detachment 4, 18th Intelligence Squadron

## Deployed airmen earn loan relief

BY K.L. VANTRAN

AMERICAN FORCES PRESS SERVICE

WASHINGTON (AFPN) — Servicemembers who have been deployed or mobilized are not required to make student loan payments during their absences.

Federal regulations require lenders to postpone the student loan program payments of active-duty servicemembers. This applies to people of the National Guard and Ready Reserves who have been called to active duty, as well as to active-duty people whose duty station has been changed as a result of a military mobilization.

"Many of the brave men and women serving our nation right now have put their personal lives on hold to answer the nation's call to duty," said U.S. Education Secretary Rod Paige. "As they defend the freedoms we cherish, our (servicemembers) should not have to worry about their student loan obligations and resuming their studies."

He encouraged the higher education and lending communities to be flexible and provide assistance to servicemembers, so they can "easily resume their studies and financial obligations after they complete their tours of duty."

The regulations apply to student loans made under the Federal Family Education Loan, William D. Ford Federal Direct Loan and Federal Perkins Loan programs.

The law also requires that active-duty people who have not begun the repayment period on their loans continue to receive a grace period (generally six months) before repaying their loans. Students who were in school at the time of mobilization must also be given a reasonable period to resume school before lenders request payments.

Colleges will not be required to collect financial-aid funds that active-duty students were given to pay for books and living expenses. Additionally, Education Department officials encouraged colleges and universities to either fully refund tuition and other institutional charges or give comparable credit against future charges to students forced to withdraw from school to fulfill their military obligations.

Additional information is available by visiting the Department of Education Web site at <http://www.ifap.ed.gov>.

*(Information obtained from a Department of Education news release.)*



Photo by James Shryne

EDWARDS AIR FORCE BASE, Calif. — Lightning strikes on the horizon behind the flightline here during a thunderstorm Sept. 3. During the storm, power in some areas of the base was interrupted for a few minutes.

## U.S. forces join in multinational exercise

BY MASTER SGT. WILL ACKERMAN

409TH AIR EXPEDITIONARY GROUP

PUBLIC AFFAIRS

TIBLISI, Georgia (USAFENS) — Standing side by side in formations representing their respective countries, servicemembers from nine nations proudly joined together in partnership to officially open RESCUER/MEDCUER 03 at Vaziani Military Base, in the Country of Georgia, Sept. 8.

This initial display of unity set the stage for their participation in RESCUER/MEDCUER 03, a "Partnership for Peace" military exercise that runs Sept. 8 through Sept. 20 in Tbilisi, Georgia. The United States sponsors the regional multinational exercise, which is hosted by Georgia.

The exercise includes about 180 U.S. armed forces participants, including servicemembers from U.S. Air Forces in Europe, Headquarters U.S. Naval Forces Europe, U.S. Special Operations Command, the U.S. Marine Corps, and the U.S. Army Reserves. The exercise also includes more than 500 partnership participants from Georgia, Albania, Bulgaria, Estonia, Germany, Moldova, Turkey and the Ukraine.

Highlighting the commitment of the United States to the region, the U.S. Ambassador to Georgia, Richard Miles, told the audience at the Vaziani ceremony, "It is my great pleasure to represent the U.S. government here on the official commencement of RESCUER/MEDCUER 2003."

"The improved humanitarian assistance and relief operations are its goals," said Miles. "The men and women of the United States European

Command, of your partner nations, and of the Georgian Ministry of Defense, have worked long and hard together to make this exercise a reality."

This year marks the first time the two individual exercises are combined into a single exercise.

RESCUER is a multinational disaster response, computer-assisted exercise conducted by U.S. Navy personnel at two locations — Vaziani MB and the Defense University in Sofia, Bulgaria — via a regional engagement network in Tbilisi. An exercise combined joint task force headquarters at Vaziani will conduct the exercise to train the U.S.

JTF and component augmentees to coordinate with other nations to develop multinational preparedness to handle a real-world disaster, should one occur.

MEDCUER is a live exercise to provide training and operational experience to U.S. medical crisis response and surgical teams through hands-on training for Georgian medical students. Teams from the 86th Medical Group at Ramstein Air Base and Landstuhl Regional

Medical Center, both in Germany, will train Georgian medical students in self-aid and buddy care, cardiopulmonary resuscitation and moulage. The training culminates in a Georgian Ministry of Defense-sponsored mass casualty exercise at Vaziani MB Thursday.

"(The exercise) has more impact for common citizens of Georgia, giving them, at the same time, more confidence of the activities led by NATO or partner nations," said Lt. Gen. David Tevzadze, Georgian Minister of Defense. "I wish to extend my special gratitude to American partners whose deep involvement make it possible it to happen."



Photo by Tech. Sgt. Robert W. Valencia

A Georgian army member holds the American flag while U.S. servicemembers salute during opening ceremonies.



# Liberty warriors illuminate the community

## Day and night

STORY BY SENIOR AIRMAN JOSH GORMAN

48TH FIGHTER WING PUBLIC AFFAIRS

Imagine having the ability to bring light and power to more than 5,000 people on a daily basis. This is how the 48th Civil Engineer Squadron Electrical Flight begins their day here.

"We troubleshoot, install and maintain all low voltage electrical systems on base, as well as (Joint Service Interior Intrusion Detection Systems)," said Staff Sgt. Lindon Crozier, a 48th CES electrician.

The 48th CES Electrical Flight has 32 personnel assigned to it, consisting of both American military and Ministry of Defense civilians.

"I really consider them as unsung heroes in the squadron and wing. Day in and day out, we may take our infrastructure on the airfield and main base for granted. Their efforts, although not noticed, play a critical role in the operation of RAF Lakenheath," said Lt. Col. D.J. Junio, 48th CES commander.

One current major project for the electricians is the installation of JSIIDS in the new Strike Eagle complex near Hangar 6.

JSIIDS are security alarms used to protect critical facilities, said Crozier.

Daily tasks for the electricians include inspection and maintenance of street lighting as well as electrical sockets, lights and electric heaters on base and all of the protective aircraft shelters on the flightline.

Airfield lighting is included in the maintenance of low voltage electrical systems throughout the base, which also correlates with the installation of lightning protection systems on the shelters.

If lightning were to strike, it would strike lightning rods placed outside the facility and then be redirected to the



Photo by Capt. Chris Watt

ground, said Master Sgt. Scott Reed, assistant electrician foreman.

By redirecting the lightning strike to the ground, it prevents the facility from having a power surge or an outage. However, since the base receives its power from off base it's still possible to have a power outage.

"An off-base power outage can and has affected us," said Crozier, adding that all critical facilities have a back-up generator in the event of a power outage.

Dealing with outages is just one of the challenges that these Liberty warriors are ready to tackle anytime they happen.

"The worst problem I have had to deal with here was when the entire JSIIDS alarm system dropped on 72 buildings," said Crozier.

**"Day in and day out, we may take our infrastructure on the airfield and main base for granted. Their efforts, although not noticed, play a critical role in the operation of RAF Lakenheath."**

*Lt. Col. D.J. Junio  
48th Civil Engineer Squadron commander*

go to all 72 buildings and reset the control panels," said Spencer.

The whole electric shop tackled the problem and got everything back online in about eight hours, said Crozier.

With 1,075 buildings to take care of between here and RAF Feltwell, and more than 5,000 Liberty Warriors to serve, the 48th CES Electrical Flight keeps power flowing through the base and provides facilities with light, power and heat so Team Liberty can complete its mission.



Photo by Senior Airman Josh Gorman

Tech. Sgt. Mark Denton, 48th Civil Engineer Squadron Electrical Flight, performs repairs on a transformer at RAF Feltwell. (Above) Staff Sgt. Lindon Crozier, 48th CES Electrical Flight, inspects a protective aircraft shelter's grounding system.



Photo by Senior Airman Josh Gorman

Airman 1st Class Michael Geary, 48th CES Electrical Flight,, replaces the bonding to a ground.

# It's crunch time ...

## Sit up to fitness success

STORY AND PHOTOS BY CAPT. CHRIS WATT

48TH FIGHTER WING PUBLIC AFFAIRS

Our entire lives people have told us to sit up; our parents, our teachers, our attorneys. Well now the Air Force is telling us to sit up – in some cases, more than 50 times, quickly. While the list of Air Force fitness standards posted in the 48th Services Squadron Fitness Center is only a proposed idea of what to expect, the numbers are enough to make some Liberty warriors ponder the advantages of specialized training before the standards become official in January.

Like push-ups, sit-ups are considered an advanced exercise so it's advisable not only to train the muscles you need for sit-ups, but also the support muscles, said Lorraine Botwright, 48th SVS fitness program director.

"The main muscles to strengthen for optimal sit-ups are the back and hip flexors as well as the abdominal muscles," said Botwright.

To exercise these muscle groups, try back strengthening exercises such as back extensions and "bird dogs" (on all fours or on your back, simultaneously lift the opposite leg and arm). Do



Lorraine Botwright, 48th Services Squadron fitness program director, demonstrates correct sit-up form.



Botwright demonstrates improper sit-up form. Note the straightened legs and pulling on the neck muscles and head.

crunches to isolate the abdominal muscles without putting pressure on your back. And finally, to concentrate on the hip flexors, try knee lifts and leg raises. The fitness specialists at the fitness center can give you more details on each of these exercises, she said.

"The main thing to remember is to do the sit-ups correctly," said Botwright. "Don't pull on the head and neck while doing the exercise. Feet should be an adequate distance from the body to allow correct execution of the sit-up. Legs should not be too straight, nor should they be too tucked into the body. Additionally, don't rock or lift and drop the hips while performing the exercise."

If you need initial or refresher fitness training in this area, the fitness center offers a core strength and stretch class 11 to 11:45 a.m. Thursdays that teaches how to strengthen the muscles needed for sit-ups.

"You can attend every week or attend once and use the guidance and ideas for your own workout," said Botwright.

Either way the message is clear – now is the time to enhance, increase or even start a work out to get ready for the new fitness test in January. Of course, there are other advantages to adding sit-ups to your work out.

"You can turn that beer barrel into a six-pack," said Botwright.

## SPORTS SHORTS

### Basketball coaches

The Lakenheath varsity men's and women's basketball teams need coaches. Stop by the RAF Lakenheath Fitness Center to pick up an application. Resumé and application deadline is Oct. 2. For more information, call Staff Sgt. Juwan Edwards at 226-6244.

### Running track lights

The base fitness center turns on the the outdoor lighting at the high school track 5 a.m. until sunrise Mondays through Fridays, dusk to 11 p.m. Mondays through Thursdays, and dusk to 9 p.m. Saturdays, Sundays and holidays.

### Golf scramble

Breckland Pines Golf Course hosts Wednesday Night Scramble at 5:30 p.m. at the golf course. For more information, call 226-2223.

### Ice hockey

The U.K. Warbirds, an ice hockey team consisting of American players from the local bases, requires hockey players of all levels. Games are at 7 p.m. Mondays in Peterborough. Transportation from RAF Lakenheath is provided. The team occasionally travels throughout the country to play U.K. teams and travels

to Garmisch, Germany, every February for the annual U.S. Air Forces in Europe Ice Hockey Tournament. If interested contact Master Sgt. Allan Schurman at 238-4706 or (01638) 533887.

### Tae Kwon Do

Anglia Tae Kwon Do offers classes Mondays, Wednesdays and Fridays at the RAF Feltwell Community Center. The youth class is 6 to 7 p.m. followed by the adult class 7 to 8:15 p.m. For more information, call Staff Sgt. Wendy Paquet at 226-2330.





# Discover Britain

Sal Davidson – Community Relations Adviser



## CRIME AND PUNISHMENT

### T H E M E D I E V A L W A Y

With East Anglia's rich heritage come the many stories of crimes and subsequent punishments. The surrounding areas are full of historical places where these gruesome acts would have occurred.

#### Fye Bridge at Bishops Gate in Norwich

A plaque on the side of Fye Bridge claims that it was the site of an "old ducking stool" and that from 1562 to 1597 "strumpets and common scolds were subject to the punishment of ducking in this river."

A common scold was a woman who talked too much and a strumpet was a young girl who was found out as being "naughty" with somebody else's husband. Usually, when a strumpet was found out she would have the humiliation of being dragged into the street, placed on a small cart (called a hurdle) and then paraded around the city until a crowd of people had gathered behind it. She would then be taken to Fye Bridge and ducked in the river a number of times to teach her a lesson.

The ducking stool was also used for a much more sinister reason. It was used to try our witches. At that time in history people believed that a witch would not drown, so if a woman was accused of witchcraft she would be brought down to the local ducking stool. She would be ducked for a period of time and if she came up and was dead she was deemed to be innocent. If she was still alive she was considered a witch and would be sentenced to die by burning at the stake or hanging. Either way, the poor woman would die.

It was a horrific time as it was so easy to accuse a woman of witchcraft. For example, if a woman was spotted talking to a cat or bird and then someone was to fall ill shortly it was thought that she had cast a spell. Of course there would have been no connection at all but the ignorance of the time meant that death would surely befall her.

#### Medieval laws and punishments

In Medieval times, the Lord of the Manor was the guardian of the law and acted as judge. Law and order was harsh. Even the smallest offences would have serious punishments. The idea was that if people feared what would happen to them if they broke the law, they would behave properly.

Each person arrested for a crime would have to go through one of three Ordeals.

*Ordeal by fire:* A suspect had to hold a red-hot iron bar in their hand and walk three paces or put their hand in boiling water. The hand was then bandaged and left for three days. If the wound had clearly not begun to heal, they

*Ordeal by combat:* Believing that God would not let the guilty prosper, important matters were often settled by this ordeal. It was used by noblemen who had been accused of wrong doing. They would fight in combat with their accuser. Whoever won was right. Whoever lost was guilty and normally dead. Unfortunately this was a great way for a bully who was good with his sword to legally kill people who he did not like or who stood in his way.

#### Changes

In 1154, King Henry II came to the throne. The Barons had been misusing their powers. He restored order and improved the system of

English Law. He sent out his own judges from London to try cases throughout all England's counties. Judges still sit in county courts to this day. He also introduced trial by jury and stopped trial by ordeal. To start with the trials by jury were unpopular as it was thought that neighbours with grudges might use this as an opportunity to gain revenge. A law was introduced which allowed people to be tortured if they refused to go to trial by jury.

If you were found guilty of crimes though, the punishments were still harsh. Thieves had their hands cut off; poachers found illegally hunting for food in Royal parks would have their ears cut off. Men who robbed or

murdered were hanged. These were normally public events. Very often their bodies would be put into cages called gibbets and hung up to rot as a warning to everyone.

Women who murdered were strangled and then burnt. There were few jails in medieval times. They were used as a holding place prior to trial as opposed to being used as a punishment. It would cost money to keep someone in prison and the local population were not prepared to pay taxes towards their upkeep. It was cheaper to execute someone or mutilate them and then let them go.



Courtesy photo

Fye Bridge at Bishops Gate in Norwich

were found guilty of the crime.

*Ordeal by water:* This was very similar to the fate bestowed upon women accused of witchcraft. The suspect would be tied up with ropes and thrown into water. If you floated you were guilty of the crime. If you sank you were found to be innocent but would probably die through drowning, as it was unusual for the victim to be pulled to safety in time. The priest would bless the water making it holy water. The idea was that holy water would reject a liar who had falsely sworn on the Bible thus making them float to the surface.

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations adviser, at 226-3145, or e-mail [sal.davidson@lakenheath.af.mil](mailto:sal.davidson@lakenheath.af.mil).



## Briefs

### Health care council

The 48th Medical Group holds the quarterly Health Care Council meeting at 3 p.m. Sept. 23 in the 100th Air Refueling Wing Conference Room. This is a forum to discuss various medical topics and issues. The Health Care Council is open to RAF Lakenheath and RAF Mildenhall communities and is a required meeting for unit health care monitors. For more information, call Tech. Sgt. Victor Molina at 226-8094.

### Language volunteers

Lakenheath High School needs individuals fluent in Spanish and French to volunteer in language classrooms. For more information, e-mail [belkis\\_mezquita-stallings@eu.odedo-dea.edu](mailto:belkis_mezquita-stallings@eu.odedo-dea.edu).

### Hours change

The 48th Communications Squadron Multimedia Center offers official passport and visa photo service 8 to 11 a.m. Mondays and Wednesdays, and 1 to 3 p.m. Tuesdays and Thursdays. No appointment is required. For more information, call Staff Sgt. William Greer at 226-2285.

### Black History Month

The African-American Heritage Committee seeks members for 2004 Black History Month events. For more information, call Angela Robinson at 226-8694 or Leshan Arnold at 226-7082 or e-mail at [angela.robinson@lakenheath.af.mil](mailto:angela.robinson@lakenheath.af.mil) or [leshan.arnold@lakenheath.af.mil](mailto:leshan.arnold@lakenheath.af.mil).

### Airman's Attic hours

The RAF Lakenheath Airman's Attic opens 10 a.m. to 2 p.m. Mondays and Wednesdays, 6 to 8 p.m. Tuesdays and Thursdays. Donations are accepted. For more information, call 226-2140 or e-mail [lakenheathattic@aol.com](mailto:lakenheathattic@aol.com).

### Thrift shop

The RAF Lakenheath Thrift Shop opens 10 a.m. to 2 p.m. Mondays, Wednesdays, Fridays and one Saturday a month next to Electric Avenue. Consignments and donations are accepted and volunteers are needed. For more information, call 226-2987.

## Youth

### Drama try-outs

Tryouts for the play "Hardy Har Har" occur 3:10 to 5:20 p.m. Wednesday and Thursday in the Lakenheath High School auditorium, Building 812. No experience is necessary. The play runs Oct. 2 to 5. For more information, call Steve Kantor at 226-5610 or 226-3115.

### Child Find screening

Lakenheath Elementary School conducts Child Find screenings on the first and third Wednesdays of each month. Child Find screenings are for children aged 3 to 5 years whose parents have concerns about the development of their child in the areas of communication, cognition, self-help skills, social personal development or fine and gross motor skills. For more information, call Sharon Yancey or Shona Jamadi at 226-3721.

## new arrivals for August ... new arrivals for August ... new arrivals for August

**Kai Anothony Boswell** was born Aug. 1 weighing 7 pounds, 8 ounces, to Staff Sgt. Carl and Jade Boswell, 48th Logistics Readiness Squadron.

**Lage Alexander Barnett** was born Aug. 2 weighing 8 pounds, 12 ounces, to Staff Sgt. William and Jennifer Barnett, 48th Communications Squadron.

**Givliana Kellie Gardere** was born Aug. 3 weighing 7 pounds, 14 ounces, to Staff Sgt. Brian and Darnisha Gardere, 48th Medical Operations Squadron.

**Raiven Isabelle McDonald** was born Aug. 4 weighing 8 pounds, 6 ounces, to Staff Sgt. Jack and Monica McDonald, 48th Civil Engineering Squadron.

**Kiara Jolie Malave** was born Aug. 5 weighing 6 pounds, to Staff Sgt. Jose and Cynthia Malave, 48th Component Maintenance Squadron.

**Madison Shelby Miller** was born Aug. 5 weighing 7 pounds, 13 ounces, to Staff Sgt. Robert and Michelle Miller, 95th Reconnaissance Squadron, RAF Mildenhall.

**Katelyn Tierney Weaver** was born Aug. 6 weighing 8 pounds, to Tech. Sgt. Michael and Sarah Weaver, 48th Contracting Squadron.

**Hannah Maxine Luina** was born Aug. 6 weighing 8 pounds, 7 ounces, to Scott and Shannon Luina.

**Brooke Ellen White** was born Aug. 7 weighing 5 pounds, 15 ounces, to Staff Sgt. Steven and Jodi White, 100th Logistics Readiness Squadron, RAF Mildenhall.

**Kailey Marie White** was born Aug. 7 weighing 5 pounds, 12 ounces, to Staff Sgt. Steven and Jodi White, 100th LRS, RAF Mildenhall.

**Meghan Marina Olsen** was born Aug. 10 weighing 6 pounds, 1 ounce, to Capt. Mike and Melanie Olsen, 492nd Fighter Squadron.

**Nathaniel Rion Blosser** was born Aug. 11 weighing 9 pounds, to Staff Sgt. Nicholas and Briana Blosser, 352nd Maintenance Squadron, RAF Mildenhall.

**Gabriella Isabel Bairos** was born Aug. 11 weighing 7 pounds, 14 ounces, to Staff Sgt. Jason Bairos, 352nd MXS and Staff Sgt. Erica Bairos, 3rd Air Force, RAF Mildenhall.

**Logan Bradley Lampert** was born Aug. 12 weighing 8 lbs., 8 ounces, to Airmen 1st Class Levi G. Lampert, 100th Maintenance Squadron, RAF Mildenhall, and Pamela R. Lampert, 48th Fighter Wing Public Affairs.

**Amanda Ann Kleifges** was born Aug. 14 weighing 8 pounds, 15 ounces, to Maj. Kelly Kleifges, 48th Fighter Wing and Maj. Cathy Kleifges, 100th Air Refueling Wing, RAF Mildenhall.

**Landon Edward Mohr** was born Aug. 14 weighing 8 pounds, 10 ounces, to Staff Sgt. Dustin and Jozlyn Mohr, 48 LRS.

**Kaytlin Marie Gifford** was born Aug. 16 weighing 9 pounds, 1 ounce, to Senior Airman Eric and Rachael Gifford, 727th Aircraft Maintenance Squadron, RAF Mildenhall.

**Steven Alexander Matthews** was born Aug. 18 weighing 8 pounds, 5 ounces, to Staff Sgt. Shane and Blanca Matthews, 48th LRS.

**Eithen Liam Schafer** was born Aug. 18 weighing 6 pounds, 3 ounces, to Staff Sgt. Clinton and Amy Schafer, 48th CMS.

**Mackenzie Rynne Collins** was born Aug. 19 weighing 7 pounds, 14 ounces, to Staff Sgt. John and Brandi Collins, 100th Aircraft Maintenance Squadron, RAF Mildenhall.

**Aden Bailey Laris** was born Aug. 20 weighing 7 pounds, 14 ounces, to Airman First Class David and Ashley Laris, 352nd MXS, RAF Mildenhall.

**Jakob Riley Espinosa** was born Aug. 21 weighing 8 pounds, 14 ounces, to Staff Sgt. Christopher and Brittany Espinosa, 48th Munitions Squadron.

**Jossilyn Trinity Williams** was born Aug. 22 weighing 7 pounds, 10 ounces, to Staff Sgt. Douglas and Angela Williams, Detachment 5, U.S. Air Forces in Europe AIRPS, RAF Alconbury.

**Isaiah Kenyon Dunphy** was born Aug. 24 weighing 7 pounds, 6 ounces, to Senior Airman Monica and Luke Dunphy, 352nd MXS, RAF Mildenhall.

**Maia-Janine Cuenca Reyes** was born Aug. 25 weighing 6 pounds, 12 ounces, to Staff Sgt. Jonathan and Maricris Reyes, 3rd AF, RAF Mildenhall.

**Anna Leah Blas** was born Aug. 25 weighing 7 pounds, 11 ounces, to Tech. Sgt. Daniel and Jennifer Blas, 48th LRS.

**Joshua Michael Newbill** was born Aug. 26 weighing 7 pounds, 4 ounces, to Capt. John and Katie Newbill, 48th Security Forces Squadron.

**Samuel Nathan Sturdivant** was born Aug. 30 weighing 6 pounds, 8 ounces, to Staff Sgt. Corey Sturdivant, 48th CS and Staff Sgt. Jennifer Sturdivant, 48th Medical Support Squadron.

## new arrivals for August ... new arrivals for August ... new arrivals for



## MOVIES

RAF Lakenheath 226-2139



Today

6:30 p.m. **Jeepers Creepers 2**, R, starring Ray Wise, Jonathan Breck and Travis Schiffrer. Stranded on a lonely road, a school bus full of high school basketball players, their coaches and cheerleaders must defend themselves from the Creeper – a flesh-eating ancient beast that resurfaces every 23 years to feed. Meanwhile, a farmer and his son set out on a personal mission to hunt the Creeper down.

10 p.m. **Jeepers Creepers 2**, R

Saturday

3 p.m. **Finding Nemo**, G, animated. Marlin and his son

Nemo become separated in the Great Barrier Reef when Nemo is unexpectedly taken from home and thrust into a fish tank in a dentist's office. The overly cautious father embarks on a dangerous trek and finds himself the unlikely hero of an epic journey to rescue his son.

6:30 p.m. **The Hulk**, PG-13, starring Eric Bana and Jennifer Connelly. Research scientist Dr. Bruce Banner's failed experiments cause him to mutate into a monstrously powerful and savage green-skinned behemoth whenever he loses control of his emotions.

10 p.m. **Marci X**, R, starring Lisa Kudrow and Damon Wayans. When protest breaks out over Dr. S's new CD, the owner of the rapper's record label, Ben Feld, is hospitalized by a heart attack. His pampered daughter Marci, who's never set foot in the business world, steps in, stands up to Dr. S and tries to tone down his bad-boy edge.

Sunday

3 p.m. **Finding Nemo**, G

6:30 p.m. **Marci X**, R

Monday

6:30 p.m. **Alex And Emma**, PG-13, starring Luke Wilson and Kate Hudson. Emma, a stenographer is hired to help Alex complete his novel. Along with writer's block, Alex owes a hundred grand to Cuban loan sharks and has only one month to make good. His novel is stuck in his head, but he can't get it down on paper and if he doesn't hand his publisher a finished book fast, he's a dead man.

Tuesday

6:30 p.m. **Bruce Almighty**, PG-13, starring Jim Carrey and Morgan Freeman. At the end of the worst day in his life, Bruce angrily ridicules and rages against God - and God responds. He appears in human form and, endowing Bruce with all of his divine powers, challenges Bruce to take on the big job and see if he can do it any better.

Wednesday

6:30 p.m. **The Hulk**, PG-13

Thursday

6:30 p.m. **The Hulk**, PG-13

### RAF Mildenhall 238-2351

6:30 p.m. **Charlie's Angels: Full Throttle**, PG-13, starring Cameron Diaz and Drew Barrymore. The sequel reunites Cameron Diaz, Drew Barrymore and Lucy Liu as the indomitable crime-fighting heroines. In the Angels' new adventure, the captivating trio once again demonstrates their expertise as espionage and martial arts, and disguise.

10 p.m. **28 Days Later**, R, starring Cillian Murphy and Naomie Harris. A small group of people in London have survived a virus that's wiped out most of the Earth's population. The virus was unleashed accidentally by an animal-rights group, and once people are exposed to it, they turn into zombie-like creatures.

Saturday

3 p.m. **Rugrats Go Wild**, PG, animated. When the vacationing Rugrats and their parents get stranded on a deserted island, Tommy Pickles knows there's only one man who can help them, Nigel Thornberry. A bonk on the head has made Nigel suddenly seem more like a 3-year-old than a man. Luckily, the babies have Eliza on their side. With her ability to communicate with animals, she can even talk to Spike.

6:30 p.m. **Jeepers Creepers 2**, R

10 p.m. **Jeepers Creepers 2**, R

Sunday

3 p.m. **Rugrats Go Wild**, PG

6:30 p.m. **Jeepers Creepers 2**, R

Monday

6:30 p.m. **The Matrix Reloaded**, R, starring Keanu Reeves, Laurence Fishburne and Carrie-Ann Moss. Neo, Morpheus, Trinity and the rest of their crew continue to battle the machines that have enslaved the human race in the Matrix. As their quest unfolds, Neo learns more about his super-heroic abilities, including the ability to see the codes of the people and things around him. Simultaneously, more humans are waking up out of the Matrix and attempting to live in the real world. As their numbers grow, the battle moves to Zion – the last real-world city and center of human resistance.

Tuesday

6:30 p.m. **Charlie's Angels: Full Throttle**, PG-13

Wednesday

6:30 p.m. **2 Fast 2 Furious**, PG-13, starring Paul Walker and Tyrese Gibson. Former cop Brian O'Conner teams up with his ex-con pal Roman Pearce to transport a shipment of dirty money for shady Miami-based import-export dealer Carter Verone, while actually working with undercover agent Monica Clemente to bring Verone down.

Thursday

6:30 p.m. **The Matrix Reloaded**, R



British American Committee member Howard Cook stands next to a 1939 De Havilland Tiger Moth aircraft at the the Cambridge Flying Group as Capt. Fritz Hoeschler, 494th Fighter Squadron weapons systems officer, prepares to take to the skies during a flight he bid on during the Officer and Civilian Spouses' Club auction.



Courtesy photo

### Mothers of Preschoolers

Mothers of Preschoolers meets 9:30 to 11:30 a.m. the first and third Thursdays of the month at the RAF Mildenhall Base Chapel for food, fun and fellowship. Child care is provided for children up to age 5 years. For more information, call Stacey Smith at (01638) 718130.

## Classes

### Central Texas College

Central Texas College at RAF Lakenheath offers onsite courses leading to an associate's degree in several vocational and technical programs including courses in paralegal, criminal justice, early childhood professional and emergency medical technician. Term II registration begins Oct. 13. The CTC office is in the education center, Building 948. For more information, call the field representative at 226-3851 or visit [www.ctc-europe.com](http://www.ctc-europe.com).

### Family support center

□ The family support center offers the following classes:

Monday

9 a.m. – Separation and retirement symposium

Tuesday

8:30 a.m. – Transition Assistance Program

3-day seminar

Noon – Heart's Apart lunch

2 p.m. – Basic investing

Wednesday

10 a.m. – Sponsor training

3 p.m. – Pet scoop

7 p.m. – Spouses pre-deployment briefing

Thursday

5 p.m. – Dinner at Knight's Table for families of deployed

For a full list of classes or to register, call 226-3847.

□ The Sterling University schedule at RAF Lakenheath Child Development Center, West for Tuesday is as follows:

6:45 to 9 p.m. – Saving money by cooking at home (Be prepared to eat)

6:45 to 8 p.m. – U.S. home buying

7 to 8 p.m. – Researching the world of work

7 to 8 p.m. – Traveling on a budget

8 to 9 p.m. – Money and marriage.

For more information or to sign up, call the FSC at 226-3847.

### Professional development center

The RAF Lakenheath Professional Development Center offers career and professional development courses monthly in Building 948, Room 309. A calendar, class description and online registration are available by visiting <https://lww/pdc/PDF/PDC/Class.htm>. For more information, call Master Sgt. Leslie Ingram at 226-2300.

## CHAPEL SERVICE SCHEDULE

### Catholic

RAF Lakenheath

□ Saturday Mass – 5 p.m.

□ Sunday Mass – 9:30 a.m.

□ Daily Mass – 11:30 a.m. Mondays through

Thursdays

□ Communion Service – 11:30 a.m. Wednesdays

### Protestant

(Services held on Sundays, unless otherwise stated)

RAF Lakenheath

□ Sunday School – 9:30 a.m.

□ Protestant Service – 11 a.m.

□ Gospel Service – 1 p.m.

□ Contemporary Service – 6 p.m.

□ Higher Ground Service – 7 p.m. Fridays

For more information, call 226-3711.

### Denominational Services

□ Jewish – Events at RAF Mildenhall chapel:

Sabbath Services are at 6 p.m. the second and fourth Friday of each month.

For more information, call 238-2822.